

McLAREN FLINT
Flint, Michigan
PULMONARY REHABILITATION
WEIGHT TRAINING

DATE:										
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Settings

TRICEP EXTENSION	Seat	Weight									
	Knee	# of Reps									

ARM CURL	Seat	Weight									
		# of Reps									

LEG EXTENSION	Front	Weight									
	Seat	# of Reps									

SEATED LEG CURL	Front	Weight									
	Seat	# of Reps									

LOWER BACK Bend to Front	Front	Weight									
	Side	# of Reps									

LOWER BACK Bend to Back	Front	Weight									
	Knee Side	# of Reps									

Chest Exp Chest Exp

LAT ROW	Front	Weight									
	Seat	# of Reps									

VERTICAL BENCH	Front	Weight									
	Seat	# of Reps									

MULTI HIP	Letter	Weight									
	Hgt No.	# of Reps									

LEG PRESS	Back Rest	Weight									
		# of Reps									



PT.

MR.#/RM.

DR.

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MULTI HIP	Letter	Weight																			
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LEG PRESS	Back Rest	Weight																			
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Chest Exp Chest Exp

PT.	
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